

Anxiety Triggers Worksheet

Client Information

Date:

Name:

Instructions: Rate each trigger from 1-10 based on how anxious each makes you.

Legend:

- 0-1: Calm or Relaxed
- 2-4: A little anxious or tense
- 5-7: Anxious, Worried, Overwhelmed
- 8-10: Extremely Anxious, Panicked

Triggers

	Conflicts within relationships (e.g., family, friends, partner)
	Large crowds
	Meeting someone new
	Going to new places
	Making a Mistake/Failure
	Having a lot that needs to be done
	Loud noises
	Raised voices
	Being bullied
	Someone close to you getting sick
	Not knowing how or what to do about something
	Thinking about the past or future
	Your appearance
	Performing or presenting in front of a group or crowd
	Being alone or being with myself for a long time
	Not feeling ready for something
	Being in tight spaces
	Being in open spaces
	Going to work/school

	Changes in my routine or life
	Apologizing or admitting my mistakes
	Working with others
	Feeling left out
	Social media
	Slow or no replies to messages
	Watching the news
	Being separated from my phone
	Finances
	Other:
	Other:
	Other:

Which of the ones listed above triggers your anxiety often?

What are your coping skills to manage the triggers? How are you coping? Are your strategies effective or not? What can you do to work on your strategies?